

# **Cookbook for Franklin Community School Corp.**

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# **Cookbook for CREEKSIDE ELEM SCHL**

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# **Cookbook for Summer Servings**

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**Chicken Soft Tacos**

**Sugar Snap Peas & Mini Peppers**

**Egg & Cheese Biscuit**

**Cheese Pizza Mini Bagels**

**Assorted Fresh Veggies**



# Yogurt Variety

<b>Servings:</b>	5.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22432

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	76.00
<b>Fat</b>	0.30g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.00mg
<b>Sodium</b>	61.00mg
<b>Carbohydrates</b>	14.60g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.40g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 124.00mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Crispy Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26022

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 4-5.25 TYS	1 Each		641402
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

## Preparation Instructions

Place one patty on one bun. Wrap

CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	17.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	700.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.00mg	<b>Iron</b> 1.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes

<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22694

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1/5 Pound		733061
POTATO MASH REAL PREM 12-26Z IDAHOAN	2 Package		166872

## Preparation Instructions

Measure boiling water in steam pan or mixer, amount according to package directions

Add margarine and then slowly add potatoes mix until all potatoes are wet.

Let stand for 1 minute. Stir and serve

Put on serving line or in pass through.

CCP: Hold for hot service at 135° or higher

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	187.11		
<b>Fat</b>	3.25g		
<b>SaturatedFat</b>	0.42g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	699.16mg		
<b>Carbohydrates</b>	37.78g		
<b>Fiber</b>	2.22g		
<b>Sugar</b>	2.22g		
<b>Protein</b>	4.44g		
<b>Vitamin A</b>	70.00IU	<b>Vitamin C</b>	8.00mg
<b>Calcium</b>	44.44mg	<b>Iron</b>	0.80mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Golden Delicious Apple Slices

<b>Servings:</b>	130.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22678

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	130 Piece	Can also order Piazza Golden Delicious #08015 Wash apples. Using the 6 section blade with corer, slices apples. Place slices into a container of properly diluted Nature Seal.	597481

## Preparation Instructions

Can also order Piazza Golden Delicious #08015

1. Wash apples.
2. Using the 6 section blade with corer, slice apples.
3. Place slices into a container of properly diluted Nature Seal.
4. Portion 6 slices into a side dish container.

CCP: Hold for cold service at 41° or less.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 130.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	66.60		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.30mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	69.12IU	<b>Vitamin C</b>	5.89mg
<b>Calcium</b>	7.68mg	<b>Iron</b>	0.15mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	58.73		
<b>Fat</b>	0.18g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.15mg		
<b>Carbohydrates</b>	15.87g		
<b>Fiber</b>	2.73g		
<b>Sugar</b>	11.46g		
<b>Protein</b>	0.26g		
<b>Vitamin A</b>	60.95IU	<b>Vitamin C</b>	5.19mg
<b>Calcium</b>	6.77mg	<b>Iron</b>	0.13mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Elementary Walking Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25911
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce		768230
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
SOUR CREAM PKT FF 100-1Z LOL	1 Each		853190
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730

## Preparation Instructions

To serve:

Use 1 #12 scoop of taco meat, 1 bag of chips and 2 Tbsp shredded cheese. Serve shredded lettuce and sour cream packet on the side.

CCP: Hold for hot service at 140° or higher.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.493
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	299.74
<b>Fat</b>	11.98g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	69.82mg
<b>Sodium</b>	568.94mg
<b>Carbohydrates</b>	25.51g
<b>Fiber</b>	1.01g
<b>Sugar</b>	2.01g
<b>Protein</b>	21.96g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 209.60mg	<b>Iron</b> 1.38mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Buttery Corn

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22631

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT 6-4 GCHC	18 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE &BTR BLND EURO UNSLTD 36-1	8 Ounce	READY_TO_EAT Ready to use.	834071

## Preparation Instructions

Add margarine to hot corn.

CCP: Hold for hot service at 135° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	123.10		
<b>Fat</b>	8.42g		
<b>SaturatedFat</b>	3.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	11.82g		
<b>Fiber</b>	1.48g		
<b>Sugar</b>	4.43g		
<b>Protein</b>	1.48g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.02mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Orange Wedges

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22634

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	138 Each	Cut oranges into wedges using the sectionizer.	198021

## Preparation Instructions

Serve 6 wedges into a side dish container.

CCP: Hold for cold service at 41° or less.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.690
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	60.86
<b>Fat</b>	0.35g
<b>SaturatedFat</b>	0.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	14.49g
<b>Fiber</b>	3.11g
<b>Sugar</b>	0.00g
<b>Protein</b>	1.31g
<b>Vitamin A</b> 285.66IU	<b>Vitamin C</b> 60.24mg
<b>Calcium</b> 49.68mg	<b>Iron</b> 0.11mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Broccoli with Cheese

<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22620

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	4 Pound	Use commodity broccoli whenever possible!	610902
SAUCE CHS CHED POUCH 6-106Z LOL	1 Quart		135261

## Preparation Instructions

Use commodity broccoli whenever possible!

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables. Stir.
- 4: CCP: Hold for hot service at 135 ° For higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.042
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	66.67
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	210.00mg
<b>Carbohydrates</b>	4.83g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.67g
<b>Protein</b>	4.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 127.83mg	<b>Iron</b> 0.67mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Steakburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34726

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260

## Preparation Instructions

- Cook beef patty according to manufacturer's instructions.  
CCP: Heat to minimum internal temperature of 165 F or higher.
- Assemble burger just before service.  
CCP: Keep warm at 135 F or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	310.00		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.80mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Side Salad w/Ranch

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22563

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TOMATO CHERRY 11 MRKN	3 Each		569551
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce		150250
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

## Preparation Instructions

1. Place 1C lettuce in boat.
  2. Arrange cherry tomatoes on top and sprinkle on cheese.
- CCP: Hold for cold service at 35F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	145.81		
<b>Fat</b>	13.35g		
<b>SaturatedFat</b>	3.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	17.50mg		
<b>Sodium</b>	299.75mg		
<b>Carbohydrates</b>	4.04g		
<b>Fiber</b>	0.57g		
<b>Sugar</b>	2.27g		
<b>Protein</b>	1.92g		
<b>Vitamin A</b>	374.70IU	<b>Vitamin C</b>	6.16mg
<b>Calcium</b>	54.59mg	<b>Iron</b>	0.12mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fresh Mixed Fruit

<b>Servings:</b>	8.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30479

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
GRAPES RED SDLSS 18AVG MRKN	4 Cup		197831
STRAWBERRY 8 MRKN	2 Ounce		212768

## Preparation Instructions

Slice fruit on hand and mix together in a large bowl.

Portion into 4 oz cups.

CCP: Hold at 41 F or lower

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	90.76		
<b>Fat</b>	0.38g		
<b>SaturatedFat</b>	0.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.15mg		
<b>Carbohydrates</b>	23.60g		
<b>Fiber</b>	2.58g		
<b>Sugar</b>	17.42g		
<b>Protein</b>	0.98g		
<b>Vitamin A</b>	145.24IU	<b>Vitamin C</b>	19.18mg
<b>Calcium</b>	25.35mg	<b>Iron</b>	0.36mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Biscuit Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22379
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISC WGRAIN 216-2.51Z PILLS	1 Each	*Order biscuit #237390 if this one is out of stock.* <b>BAKE</b> Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200

## Preparation Instructions

1. Split biscuits and place one chicken patty onto each biscuit.
2. Individually wrap sandwiches.

CCP: Hold for hot service at 140° or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	305.00
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.50mg
<b>Sodium</b>	545.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.50g
<b>Sugar</b>	3.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 141.00mg	<b>Iron</b> 2.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22433

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN SLCD 3-3CT	1 slice (5.13 oz)		444115

## Preparation Instructions

CONVECTION OVEN: 350°F Low FAN FOR 13-17 MINUTES. BAKE ON PERFORATED SCREEN FOR BEST RESULTS. DECK OVEN: 450°F FOR 10-13 MINUTES. PIZZA IS DONE WHEN CHEESE BEGINS TO BROWN AND IS COMPLETELY MELTED IN THE MIDDLE. COOK BEFORE EATING.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	360.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 380.00mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Carrots & Celery Sticks

<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34734

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 12-2 GCHC	12 Pound		599921
CELERY STIX 4-3 RSS	12 Pound		781592
Ranch Dressing Cup	96 Each	Offer ranch cup.	52976

## Preparation Instructions

serve chilled

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	175.24
<b>Fat</b>	16.20g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	288.20mg
<b>Carbohydrates</b>	8.57g
<b>Fiber</b>	3.83g
<b>Sugar</b>	4.61g
<b>Protein</b>	1.46g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.22mg	<b>Iron</b> 0.22mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Honeydew Wedge

<b>Servings:</b>	10.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34053

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEYDEW 6 CT CASE	1 Each	One honeydew yields 10 4 oz (1/2cup) servings.	08110

## Preparation Instructions

1. Thoroughly wash and dry honeydew.
  2. Place honeydew on a clean cutting board and put on cutting gloves.
  3. Slice honeydew into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.

CCP: Hold for service at 41F or lower.

One honeydew yields 10 4 oz (1/2cup) servings.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	61.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	31.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	1.40g
<b>Sugar</b>	14.00g
<b>Protein</b>	0.90g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 30.60mg
<b>Calcium</b> 10.00mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# BBQ Pulled Pork Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26046
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	Heat a 350° for 30 minutes or until minimum temperature is 160°	498702
Whole Grain Hamburger Bun, 3.5"	1 Each	READY_TO_EAT	3227

## Preparation Instructions

1. Heat pork at 350° for 30 minutes or until minimum temperature is 160°.
  2. Just before serving, place 4 oz pork on each bun.
- CCP: Hold BBQ for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	340.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	440.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fresh Grapes

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 .50 cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22625

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 18AVG MRKN	9 Pound	Wash thoroughly and dry.	197831
GRAPES GREEN SEEDLESS 17AVG	9 Pound	Wash thoroughly and dry.	197858

## Preparation Instructions

1. Wash thoroughly and dry.
2. Portion approximately 14 grapes into individual side dish containers.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 .50 cup

#### Amount Per Serving

<b>Calories</b>	91.15		
<b>Fat</b>	0.43g		
<b>SaturatedFat</b>	0.11g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.70mg		
<b>Carbohydrates</b>	23.76g		
<b>Fiber</b>	1.19g		
<b>Sugar</b>	21.60g		
<b>Protein</b>	0.86g		
<b>Vitamin A</b>	136.08IU	<b>Vitamin C</b>	5.44mg
<b>Calcium</b>	19.05mg	<b>Iron</b>	0.40mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Glazed Carrots

<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28426
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C 12-2 GCHC	24 Pound	Steam carrots until just tender	175706
MARGARINE &BTR BLND EURO UNSLTD 36-1	1 Pound	Make glaze by melting butter and adding brown sugar and salt.	834071
SUGAR BROWN LT 12-2 GFS	2 Cup	Pour glaze over the carrots. Cover	314641
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon	Bake in a convention oven, 325° for 15 minutes.	153550

## Preparation Instructions

CCP: Hold for hot service at 135° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	70.72		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	93.58mg		
<b>Carbohydrates</b>	9.22g		
<b>Fiber</b>	1.49g		
<b>Sugar</b>	6.99g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.05mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Strips

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34722

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z 4-7.7	1 Serving	Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered.	533830

## Preparation Instructions

Bake chicken according to package directions. Assemble in a 1/4# boat .

There are 80 servings of 3 strips per case.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.015
<b>Grain</b>	1.005
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Piece

#### Amount Per Serving

<b>Calories</b>	345.00		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	600.01mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	30.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	2.40mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage & Egg Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30636

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY FRD PUFD 144-1.75Z	1 Each	THAW IN THE REFRIGERATOR. DO NOT THAW AT ROOM TEMPERATURE CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 10-12 MIN. FROZEN 18-20 MIN.	505211
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

## Preparation Instructions

1. Place single layer of egg patties in a lightly sprayed steam table pan. Cook in a 250F oven for about 22 minutes if thawed and 30 minutes if from frozen.

CCP: Heat to 165F for at least 15 seconds.

CCP: Hold for hot service at 135F or higher

2. Place sausage patties on a sheet pan and heat in a 350 F oven for approx. 8 minutes.

CCP: Heat to 165F for at least 15 seconds.

CCP: Hold for hot service at 135F or higher

3. Pan the biscuits on a paper-lined sheet pan. Bake until lightly brown at 325 F for approx 10- 14 minutes.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	338.70
<b>Fat</b>	18.90g
<b>SaturatedFat</b>	8.20g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	83.00mg
<b>Sodium</b>	683.20mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	2.60g
<b>Sugar</b>	2.00g
<b>Protein</b>	15.90g
<b>Vitamin A</b> 56.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 146.58mg	<b>Iron</b> 1.18mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Mixed Berries

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30921

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	8 Pound	Wash berries and slice into quarters.	212768
BLUEBERRY 12-1PT P/L	12 Pint	Wash berries thoroughly.	451690
BLACKBERRY 12-1/2PT P/L	12 Pint	Wash berries thoroughly.	430351

## Preparation Instructions

Gently mix quartered strawberries, blueberries, and blackberries in bowl. Portion into 4 oz serving cups.  
CCP: Hold at 41F or lower until ready to serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.524
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	93.43		
<b>Fat</b>	0.80g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.13mg		
<b>Carbohydrates</b>	22.49g		
<b>Fiber</b>	6.86g		
<b>Sugar</b>	13.97g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	194.99IU	<b>Vitamin C</b>	64.08mg
<b>Calcium</b>	35.92mg	<b>Iron</b>	0.92mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	82.40		
<b>Fat</b>	0.71g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.88mg		
<b>Carbohydrates</b>	19.83g		
<b>Fiber</b>	6.05g		
<b>Sugar</b>	12.32g		
<b>Protein</b>	1.76g		
<b>Vitamin A</b>	171.95IU	<b>Vitamin C</b>	56.51mg
<b>Calcium</b>	31.67mg	<b>Iron</b>	0.81mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Chicken Soft Tacos

<b>Servings:</b>	53.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34725

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Package	Use diced commodity chicken whenever possible.	570533
TORTILLA FLOUR ULTRGR 6 30-12CT	53 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound		150250
SOUR CREAM PKT FF 100-1Z LOL	1 Each	Offer on the side as an option to pick up.	853190

## Preparation Instructions

Use diced commodity chicken whenever possible.

1. Cook chicken according to package directions.

CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.

2. Portion 3oz chicken into a tortilla just before service.

Can offer a sour cream packet an an option.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	254.50
<b>Fat</b>	10.75g
<b>SaturatedFat</b>	5.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	64.40mg
<b>Sodium</b>	253.68mg
<b>Carbohydrates</b>	16.38g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.04g
<b>Protein</b>	21.96g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 85.21mg	<b>Iron</b> 1.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Sugar Snap Peas & Mini Peppers

<b>Servings:</b>	80.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34028

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sugar Snap Peas	10 Pound		09090
PEPPERS SWT MINI 20 P/L	15 Pound		667582

## Preparation Instructions

Mix sugar snap peas and tomatoes together. Serve in 4 oz portions.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.536
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	23.39		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	5.25g		
<b>Fiber</b>	2.21g		
<b>Sugar</b>	3.04g		
<b>Protein</b>	1.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.18mg	<b>Iron</b>	0.53mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	20.63		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	4.63g		
<b>Fiber</b>	1.95g		
<b>Sugar</b>	2.68g		
<b>Protein</b>	0.94g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.03mg	<b>Iron</b>	0.47mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



# Egg & Cheese Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-33846
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each	Use biscuit #237290 if this one is unavailable.	126962
Egg Patty	1 Each	Use egg patty #208990 if you're out of commodity eggs	110931
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

Use commodity egg patties and commodity cheese slices whenever possible.

1. Place single layer of egg patties in a lightly sprayed steam table pan. Cook according to package directions.

CCP: Heat to 165F for at least 15 seconds.

CCP: Hold for hot service at 135F or higher

2. Pan the biscuits on a paper-lined sheet pan. Bake until lightly brown at 325 F for approx 10- 14 minutes.

3. Assemble egg patty onto a biscuit and top with 1 slice of cheese.

Bag or wrap sandwich and hold for hot service at 135F or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	295.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	137.50mg
<b>Sodium</b>	655.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 121.50mg	<b>Iron</b> 1.44mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Cheese Pizza Mini Bagels

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34733

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BAGEL CHS MINI 384-1.17Z	384 Piece	1 case has 384 bagels; yields 96 servings of 4.	703411

## Preparation Instructions

1 case has 384 bagels; yields 96 servings of 4.

1. Heat according to package direction.

CCP: Hold for hot service at 135F or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 4.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	350.00mg	<b>Iron</b>	1.80mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Assorted Fresh Veggies

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29648
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	4 Pound	Wash	768146
PEPPERS SWT MINI 20 P/L	3 1/2 Pound	Wash	667582
CELERY STIX 4-3 RSS	3 3/5 Pound	Wash, trim if needed	781592
TOMATO GRAPE SWT 10 MRKN	4 1/5 Pound	Wash	129631
CUCUMBER SELECT 4-6CT MRKN	4 4/5 Pound	Peel and slice	361510

## Preparation Instructions

Package 2 - 3 different veggies to make a 3/4 C portion.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.394
<b>OtherVeg</b>	2.027
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving	
<b>Calories</b>	69.91
<b>Fat</b>	0.18g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	212.39mg
<b>Carbohydrates</b>	15.12g
<b>Fiber</b>	7.17g
<b>Sugar</b>	9.20g
<b>Protein</b>	3.44g
<b>Vitamin A</b> 419.79IU	<b>Vitamin C</b> 7.34mg
<b>Calcium</b> 118.73mg	<b>Iron</b> 0.32mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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